

CLARKE

October 22, 1999

Clarke College
Dubuque, IA

Courier

VOL LXXII ISSUE 3

What's
UP

on campus

The Most Bored
Student Award
Goes to...

Photo by Heather Kloss

Carlos Mendez,
Freshman from Colombia

In late September Carlos was quarantined for eight days in his dorm room with no television!! Imagine that. "It was the worst eight days of my life," he said.

"I couldn't even read because I had a blister in my eye. All I could do is look out my window and sleep. But sometimes you just can't sleep anymore."

"The same story happened to my brother in the first two months of college," said Carlos. "He got chicken pox in the first year, as well."

"I had a sign that my RA, 'Big Clif,' put on my door that said 'DO NOT ENTER: CHICKEN POX.' As soon as I was well, I ripped it off. But thanks to Clifton for bringing me food and checking up on me."

A few other students on campus caught the chicken pox and were stuck in their rooms, but they all had a TV. So congrats to Carlos for keeping his sanity and not going crazy.

After everyone heard the story about Carlos and no television, people were saying, "I would have given him my TV for the week!" But I guess it is a little too late now. --Heather Kloss

iThemba presents powerful
message to studentsBy JEN GEORGEN
Staff Writer

What will you do with your freedom? A group of South African young adults stopped by Clarke while touring internationally to promote the message: racism is wrong.

iThemba, translating to "hope" in English, is a group of seven people ranging in ages from 18-29.

Through song and dance, the group describes scenes of racism that they face every day.

"This was a great learning experience about racism," senior Christie McGreevey said. "It's incredible to see how much they are affected every day. You can see how much love and forgiveness they had for one another and I found it very moving."

Sophomore Todd Hittenmiller agreed, saying, "I am surprised by all the racism in South Africa. It's something I've always known existed, but never to that extent. I'm glad it's been put to a rest and they are educating people about it."

The group started training in



photo by Amber Loeffelholz

iThemba members raise their hands in celebration of freedom.

April. They talk to students and adults alike, never forcing ideas on people, just telling the story and letting them decide for themselves. The group speaks not only on the issue of racism, but also about AIDS, peer pressure and parent/child relationships.

iThemba has raised enough money on tour to be able to support a shelter for street kids aging from 3-25 for an entire year. Clarke took a donation at Sunday mass to help out.

"We raised \$52.04 in the collection for the Team," said John Moser, Director of Campus Ministry. "We will also make a donation to the group for coming to campus."

Sophomore Kim Lupton said, "The emotion they showed was awesome. It's amazing people our

age can stand up for something they believe in so strongly."

Moser added, "Having Team iThemba was an awesome opportunity to celebrate diversity on our campus. They presented a powerful message, calling us to not only come out of the darkness, but to strive to live in the light."

Plotkin holds lecture
audience spellboundBy STEVE KUTSCH
Staff Writer

Except for a few moments of laughter, the audience remained spellbound last week during Dr. Mark Plotkin's lecture entitled "Shaman's Apprentice." Plotkin seemed to enchant the entire auditorium with his stories about the medicines and cultures of a faraway land.

His tale of a frog that could bring about feelings of godliness when rubbed on the skin truly amazed his audience.

Plotkin revealed several uses

of traditional medicine that would be of great use to Western medicine. In doing this, he was able to get across the importance of preserving the rain forests and traditional ways of non-Western cultures.

One of the most interesting messages was his advice to quit school and see the world. You can see museums when you are older, but to see the jungles requires the gift of youth.

Overall, the lecture by Plotkin sparked an interest in those present to learn more about traditional medicine. Who knows what cures await our exploration of the rainforests and the ways of traditional cultures?

Past & Present: the work of
Sister Helen Kerrigan, BVMBy Heather Kloss
Co-Editor

A lifetime of work from the '60s to the late '90s now on exhibit in the Quigley Gallery reflects the commitment of one long-time Clarke art professor to her art.

After retiring in May after 39 years of teaching at Clarke, Sister Helen Kerrigan, BVM, is now Clarke's artist in residence.

"It's a magnificent body of work representing the past decades," said Clarke art professor Douglas Schlesier. "She's a fine artist, magnificent craftsman, and an inspiration to all of us at Clarke."

Kerrigan's display of abstract, figure, and still life forms features 20 selected paintings and drawings she has created over her tenure at Clarke, which began in 1960. The collection also contains some of her most recent creations.

Kerrigan says it is interesting

to see each piece in the exhibit, some of which date back to the 1960s.

"I can see the differences in my work in the way I approached different subject matter," she says.

"For instance, my early work was done in oil, but I began to try acrylics in the '70s and I did most of my abstract work in acrylic while the still-life paintings are done in oil."

Kerrigan is happy to be continuing her work at Clarke. "The atmosphere of the art department is very conducive to making art," she said. "The faculty members encourage each other to make art. It is a very exciting atmosphere and the support is great."

There's still time to catch the exhibit which will be on display in the Quigley Gallery until Sunday, Oct. 31.



Photos by Heather Kloss and Joann Talarico
Sister Helen Kerrigan, BVM, works diligently on a painting. One of her finished pieces, "Marbles" (above) is now in the Quigley Gallery for viewing.

Inside

Crusader sports teams on fire!
Pages 4 and 5.



Halloween
Happenings
Page 3.



From the messy desk of Heather

By HEATHER KLOSS
Co-Editor



Remembering back to when I was young, one of the most looked forward days of the year, besides my birthday and Christmas, was Halloween. "Why," you ask? Candy, candy, and well, more candy! Also, you can't forget those fun costume parties and dressing up. Just because we are no longer in those childhood days, doesn't mean we can't celebrate Halloween!

You say you don't have a costume? Well, here are some ideas. First and most important, do NOT spend a lot of money on your costume. Go to the local Goodwill store and search the racks for treasures.

Here are a few ideas once you get your basic clothes: be the floor of a movie theatre - dress all in black and tape/staple candy wrappers, pop cans or cups, and chewed bubble gum onto your clothes; dress up like someone from The Blair Witch Project; be a highway - wear a black T-shirt and pants, then paint two yellow lines down the middle of your clothes and glue little toy cars on the road.

Have an old high school graduation gown hanging in your closet collecting dust? Transform into Judge Judy by wearing the gown, a curly wig and a lace-

Just because we are no longer in those childhood days, doesn't mean we can't celebrate Halloween!

trimmed blouse under it.

Be creative. Be a bag of jelly beans. Wear a colored leotard and use a clear plastic bag (like from a dry cleaner) and make holes for the legs and arms out the sides. Fill the bag with different color balloons and use a colorful scarf to tie around your neck. Place a sign that says Jelly Beans 25¢ in front of the bag.

How about a mummy: take a white sheet, tear it up into long strips and wrap them around your body. How about a painter?

Take old overalls/bibs and put blotches of paint all over them, do the same with an old cap and put a paintbrush in your pocket along with an old rag. Then clean out an old paint can and carry it around with your candy in it!

Something else to do for Halloween if you don't feel like dressing up, carve or paint a pumpkin.

Even more imaginative, carve out a watermelon. Since we don't want to burn down the dorms on campus, use a small flashlight to light up your creation.

If getting messy isn't your thing, just paint the outside of your pumpkin or watermelon.

So this year, don't just sit back and do nothing, as there are many things you and your friends can do for Halloween. For some ghoulish treats to serve at your Halloween party, check out the "Dormroom Delights" in this issue or search the Internet for helpful hints.

Making Clarke work...

Do you appreciate the little things on campus??

By ANGIE KLEIN
Staff Writer

In life, we often get too busy to stop and think about the people who influence our day. We get so caught up in our own lives that sometimes we take others for granted.

In this hectic world called Clarke College, there are so many people who work to make our day safe and healthy. I'm sure none of us means to take these people for granted, but we do.

I'd like to just point out some of these wonderful people who make our Clarke world go 'round.

First, there is the housekeeping staff. For those of us who live on campus, our bathrooms don't just magically clean themselves. Someone actually cleans our

thank you, or even hello?

I think we all appreciate the people who feed us each day. Instead of complaining about the food you aren't too fond of, when

...our bathrooms don't just magically clean themselves...

was the last time you told the cafeteria staff that the meal was delicious? They try to please as many taste buds as they can. Tell them they are doing a good job.

Have you ever pulled into the parking lot late at night? Are you ever nervous or scared to walk on campus alone at night? Probably not, because there are security people walking the campus all the time. Next time you see one while walking to your car, smile and say hi.

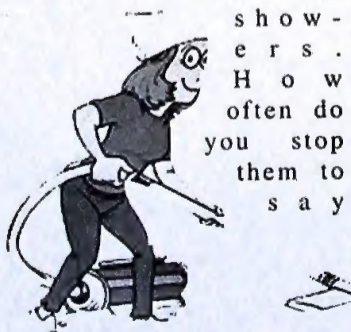
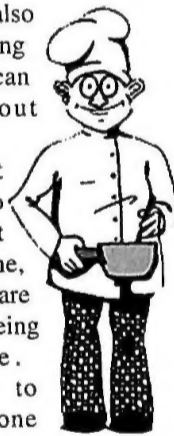
The upperclassmen who have fought through an Iowa winter here before, know they owe thanks to the guys in physical plant. They work to shovel and salt the sidewalks and

stairs. They also plow the parking lots so we can dig our cars out easier.

I'm not trying to impose guilt on anyone, because we are all guilty of being busy people. I just want to make everyone aware of the people who contribute to our day.

We all know how great it feels when we get a compliment or a thank you.

Spread that great feeling to the people mentioned and all the others who influence your life, even in the simplest way. It will make them and you feel a warm fuzzy inside.



Dormroom Delights

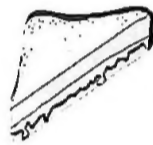
THE HALLOWEEN EDITION OF DORMROOM DELIGHTS. ENJOY!!

Peanut Butter Ghosts

20 oval crackers
Small jar of peanut butter
1 package of white almond bark (white chocolate)
Tube of Chocolate (black) frosting



Take a teaspoon or so of peanut butter and spread between two crackers to make like a sandwich. Melt chocolate/bark in microwave for about 45 seconds or until it is melted and smooth. Do not overheat or it will get chunky and hard. Next, dip the crackers in the bark until they are coated. Lay on a waxed piece of paper until firm. Next, take the tube of frosting and make eyes and a mouth on the cookie. Makes 10 ghostly cookies.

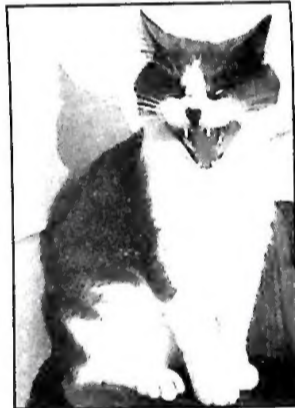


Spit Wad Sandwiches

2 slices of bread
Creamy peanut butter
2 large marshmallows

Spread each slice of bread with peanut butter. Pull apart marshmallows into many tiny spit wad-sized pieces. Press the marshmallow wads onto the peanut butter. Put the two slices of bread together for a sandwich. Serves one who loves spit wads.

Courier Critters of the Week



This is Scout (dog) and Pip Squeak (cat). They are the esteemed pets of the co-editors of the *Courier*. The "studly" dog in his Halloween ghost costume belongs to Joann and the vampire cat is Heather's pride and joy.

If you would like your favorite critter in the paper send a photo and caption to the *Courier* mailbox MS 1508.

CLARKE

Co-Editors
Joann Talarico, Heather Kloss
Sports Editor/ Photographer
Clifton Henri

Photography Editor
Amber Loeffelholz

Staff
Angie Klein, Kiko DeJesus-Torres, Jen Georgen, Jaron Warner, Zack Trachta, Steve Kutsch, Carlos Mendez, Heather Meyer, Kelli Clark, Gabriel Johnson, Jake Tomko

Advertising Manager
Kelli Clark

Advisor
Diana Russo

The *Courier* is a student-produced newspaper for the Clarke community. Opinions of the faculty, staff or administration of the college. The *Courier* welcomes input from members of the Clarke community. Please send comments to P.O. Box 1508, Clarke College. Letters must be signed and may be edited for content and length. The *Courier* is a member of the Associated Collegiate Press.

Oct. 22, 1999
At the Movies
She Sings
By HEATHER MEYER
Staff Writer

What seemed to be a simple movie turned into a disillusion for a traditional family. That, in a nutshell, is *American Beauty*. The story presents today's world through the characters of Lester (Kevin Spacey); his daughter (Annette Bening); daughter Jane, portrayed by Thora Birch; and their neighbors and acquaintances (Wes Bentley, Cooper, Allison Janney, Mena Suvari). This remarkable cast helps to paint a believable picture of their troubled lives. The story line takes place during the last years of Lester's

This intriguing story lures the audience in with its hypnotic presentation of reality.

It follows him through many dramatic and comedic moments as he struggles within himself. After befriending his teenage neighbor Ricky, he accepts the absence of love in his life and rejects the fact that

Carlos

ONE HOW
We're opening a full-time office in Dubuque, and we're looking for team-spirited individuals.

Lin
Pre
Dis
Serv
Ho

We offer good pay, flexible hours, a 401k plan, advancement. We're looking for a person between Monday and Friday.

Carlos
Mexi
1355 Asa
(off Hwy 20)

At the Movies

She said... He said...

By HEATHER MEYER
Staff Writer

What seemed to be a simple movie turned into a disillusioning look at the traditional dysfunctional family. That, in a nutshell, is *American Beauty*.

The story presents today's world though the characters of Lester (Kevin Spacey): his wife, (Annette Benning); daughter Jane, portrayed by Thora Birch, and their neighbors and acquaintances (Wes Bentley, Chris Cooper, Allison Janney and Mena Suvari). This remarkable cast helps to paint a believable picture of their troubled lives.

The story line takes place during the last years of Lester's life.

This intriguing story lures the audience in with its hypnotic presentation of reality.

It follows him through many dramatic and comedic moments as he struggles within himself. After befriending his aloof teenage neighbor Ricky, he accepts the absence of love in his life and rejects the fact that he

has wasted his life in a job that society tells him he wants.

His daughter also battles the hidden demons around her, but realizes life's possibilities through the eccentric, honest Ricky, who reminds us of the beauty in everything.

American Beauty is the journey of the modern American family and the people surrounding them, exposing the ugly truths of their lives and the drastic actions that can result.

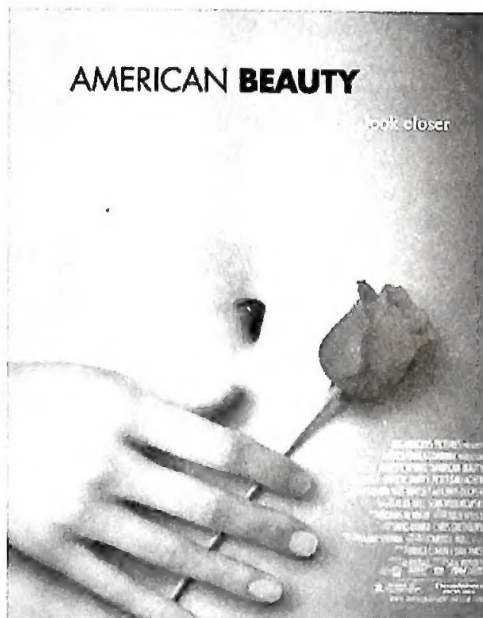
This intriguing story lures the audience in with its hypnotic presentation of reality. The movie is brilliantly filmed without any novelty special effects to cheapen its impact.

American Beauty leaves an indescribable impression on its audience.

This movie, to use a cliché, will be an instant classic, with its U-turns of action and emotion. Not only is this movie entertaining, as is the goal of every movie, it also leaves a haunting impression of the mystifying motivations that drive the civilized man. This film deserves an audience and merits its own place in everyone's movie-going life. And yes, you will probably regret it if you miss it.

By STEVE KUTSCH
Staff Writer

American Beauty is a social commentary that launches an all out assault on the myths of life in suburbia. From the opening



scene with a little white house and a picket fence you see an immediate throwback to the 1950s, the glory days when nobody locked their doors and everyone had "morals and values."

Each character represents a different aspect of life in the so called "good ol' days." The movie's main character, Lester Burnham, seems the typical

husband, happy with his job and home.

All seems fine until he has a wake up call. Lester realizes that for the past twenty years he has been dead. He wants to recapture something he feels he has lost, a sort of midlife crisis.

Meanwhile, Rick, the boy next door who is thought to be mentally disturbed, begins filming Jane Burnham, Lester's daughter. It becomes apparent that he is not mentally ill and he and Jane have a relationship together.

This boy's father was a colonel in the Marine Corps. This character is the strongest representation of the structure and order we feel compelled to follow in life. He is so caught in his own ways that he becomes lost in a delusion that eventually drowns him.

Another representation of '50s Americana is Jane's friend Angela. She is the perfect model, the person who everyone wants to be. At least that's how she appears until the truth comes out in the end.

American Beauty was a great film and I would highly recommend it. It deals with serious issues and strips away some of the window dressing that seems to cover up people's actual feelings.

It takes the "Donna Reed" picture of life and replaces it with a much colder but probably more realistic image. This is one to see.

HALLOWEEN HAPPENINGS

ON CAMPUS

Thursday, Oct. 28

Movie: *Blair Witch Project* in Campus Ministry, 8:00pm

Friday, Oct. 29

Jim Wand, Hypnotist, 9pm, MJH
Movie: *Blair Witch Project* in Campus Ministry, 7:00 pm
Halloween Madness, Kehl Center

Saturday, Oct. 30

Halloween Dance in Atrium, \$1 admission, costume contest, sponsored by CREATE, money made goes towards clothes for local needy, 9 pm-1am

Movie: *Blair Witch Project* in Jansen Music Hall, 12 midnight

Sunday, Oct. 31

Pumpkin carving contest in MJH, MJH residents only, 8pm

Monday, Nov. 1

Trick or Treat night in MBH, 6-8 pm

OFF CAMPUS

Friday, Oct. 22-23

Trail of Terror at Lake Galena in Lake Galena Territory, 7:30-11pm
Oct 21-23 and Oct 26-29

Haunted Forest at Jaceys, dusk to 10

Monday, Oct. 25

Halloween Parade, 6:30, from Jackson Park to Washington Park

Friday, Oct. 29

Asbury Halloween Parade, 7 pm

Saturday, Oct. 30

Adult Costume Party at Brass Monkey, KLYV to host, 7 pm

Galena Parade, 6 pm

Sunday, Oct. 31

East Dubuque Parade, 4 pm

Bellevue Rotary Halloween Parade, 1 pm

Saturday, Nov. 6

Spinal Cord Costume Party, 6-7 pm, Happy's Place

Dirt on the Disk Drive

By JENNIFER DONDLINGER
Guest Writer

Rosemarie Schneider, Jackie Kerkman and Jennifer Dondlinger, sophomore honors students here at Clarke, will be presenting at the National Collegiate Honors Council in Orlando, Florida next week. A preview of the presentation was offered to Clarke students and faculty on Oct. 21.

The students will be presenting

"Dreaming of Dirt on the Disk Drive: When Honors Research Goes to the Web."

This project was designed in last year's Honors Colloquium under the guidance of Professor Katie Fischer.

Each member of the class composed his or her own research paper based on the topic, "The Real Dirt." The papers were then integrated into an on-

line project with links connecting such diverse ideas as the plight of the farmer and geothermal energy.

While attending the conference, the students will have the opportunity to meet other honors students from across the country, attend other presentations made by honors students and faculty and tour Orlando.

The conference runs from Oct. 27-31.



CD's 4 Change

The store...

- That buys your unwanted CD's for up to \$6.00 cash
- Where most CD's cost \$5.99 to \$7.99
- NOW - Orders specialty items!

Try CD's 4 Change... 4 a Change
JFK and Asbury

319-583-9757

Carlos O'Kelly's

MEXICAN CAFE

ONE HOWL OF A JOB!!!

We're opening a fun, new Mexican restaurant in Dubuque, and we're looking for energetic, team-spirited individuals to fill the following positions:

Line Cooks
Prep Cooks
Dishwashers
Service Staff
Host Staff

We offer good pay, flexible hours, paid training, insurance, a 401k plan, and the opportunity for advancement. We have full and part time openings, day or night shifts. To join the Carlos O'Kelly's team, apply in person between 10 a.m. and 6 p.m., Monday through Saturday.

Carlos O'Kelly's
Mexican Cafe
1355 Associates Drive
(off Hwy 20 & N.W. Arterial)
E.O.E



Letters of the Week

Pip Squeak (cat). They are the esteemed of the Courier. The "studly" dog in his belongs to Joann and the vampire cat is favorite critter in the paper send a the Courier mailbox MS 1508.

Courier

Co-Editors
Alarico, Heather Kloss
Editor/ Photographer
Clifton Henri
Photography Editor
Lambert Loeffelholz
Staff
DeJesus-Torres, Jen George, Jaron Trachta, Steve Kutsch, Carlos Meyer, Kelli Clark, Gabriel Johnson, Jake Tomko
Advertising Manager
Kelli Clark
Advisor
Diana Russo
newspaper for the Clarke community. Opinions of the college. The Courier welcomes input and comments. Please send comments to P.O. Box 1508, Dubuque, IA 52002. Copyright 1999 by Collegiate Press.

The dilly YO!



By Gabriel Johnson

Europeans Mad / USA Glad Fighting in Golf???

What's the dilly with the European Ryder Cup Team being upset about how they were treated at this year's Ryder Cup? The Ryder Cup is a golf tournament held every two years in which a European and American team compete in a variety of match play events. It switches from European to American soil every two years. This year the Ryder was held in Brookline, Massachusetts.

I know what some of you are thinking: "It's just some boring golf tournament that's on T.V. instead of football." Well, you're wrong. The Ryder is the ultimate sporting event. Hear me out before you turn the page. Ryder Cup players do not receive any payment for their efforts. They do not play for money or fame.

"This controversy could be the best thing for the game right now. Teams have their fists pumping and passions soaring."

They play for their country and for pride. You don't have to be a golf fan to get excited about the Ryder Cup; you just have to be a sports fan.

A few weeks ago at Brookline, the U.S. Team managed to come from four points behind to recapture the Ryder Cup in an awesome exhibition of the



Team USA raises their fists in victory!

Americans' single match play, claiming victory by the smallest margin possible, 141/2-131/2. Now, the Europeans remain outraged and bitter about the treatment they received from the American players and fans.

In a crucial match in the tournament, U.S. player Justin Leonard was going up against European Jose Maria Olzabal. Leonard had a crucial 45-foot putt on the 17th green to take the lead in the match and secure a U.S. victory. He drained the bomb, and the entire U.S. Team mobbed Leonard, even though Olzabal still had a birdie putt of his own. The Europeans weren't too pleased with this display.

The galleries taunted and booed

the Europeans throughout the entire tournament. European Captain Mark James felt they were treated very harshly.

"A lot of players will not be bothered competing in America again. Certainly that is the case with me. It's not something I would look forward to. We don't need to be treated like this," said James. In the

most vulgar occurrence of the whole tournament, James's wife was spat on the final day.

The Americans were sorry for what had taken place. U.S. Captain Ben Crenshaw apologized for Leonard/Olzabal inci-



USA Raising the Roof!!

dent and for the overall unruly behavior that occurred during the Cup.

On the other hand, the Americans think their treatment at Valderrama in Spain at the '97 Ryder Cup was not "up to par." Crenshaw feels there are two sides to every coin: "The Ryder Cup is about partisan support. Believe me, it's no different when we're over there. Just ask some of the players who played at Valderrama. It's not like this has never happened before."

This controversy could be the best thing for the game right now. You won't see the animation in a regular tour event that you saw in the Ryder Cup. The Cup brings out the competitor in every golfer.

Each team becomes a family. Team members pull for one another. They cheer for one another. They cry for one another. Teams have their fists pumping and passions soaring.

The mob around Leonard on the 17th green may have been wild and chaotic, but the thought was right. The Americans were overcome with joy. If the Europeans were in the Americans' shoes, they would have done the same thing and mobbed Olzabal. That's what the Ryder Cup is about. It's about the love of the game, the love of your team, and the love of winning with your team. Sure I wanted the Americans to win, as well as the spirit of the Ryder Cup.

THEY'RE ON FIRE!!

By ZACK TRACHTA
Staff Writer

The Clarke men's golf team is winding down its fall season in spectacular fashion. Jon Davison's Crusaders traveled to St. Andrews Golf Course in Cedar Rapids, on September 23 for the Mt. Mercy Invitational. Junior Gabe Johnson, a product of Cedar Rapids Regis, shot an even par 70 to lead the Crusaders to a fifth-place finish at the 15-team tournament.

Johnson carded rounds of 36 and 34 to claim medallist honors, pacing the 76-player field. "The team played well," says Hagen. "Gabe had an excellent round and we had great team support."

Jon Cochrane and Garrett Christianson finished with a 77 and 82, respectively. Freshman Ken Retzl completed the scoring with a 93. The Crusaders finished with a 312, just six strokes behind Mt. Mercy, who finished first with a 306.

"I just felt confident playing at St. Andrews. I've golfed there many times and I knew the course well. I think it helped me a lot playing in front of a hometown crowd as well," Johnson said.

Clarke hosted the 3rd annual Octoberfest tournament October 1 and 2 at the Meadows Golf Course in Dubuque. Sophomore Kevin Hagen led Clarke, finishing third with a 159, and a Crusader victory.

"I just felt confident playing at St. Andrews, I've golfed there many times and I knew the course well. I think it helped me a lot playing in front of a hometown crowd as well."

Gabe Johnson and Jon Cochrane tied for fifth-place with scores of 163. Johnson was

College.

The Crusaders left for Rockford, Illinois for the fall portion of the NIIC tournament on October 8. Clarke defended its title



Kevin Hagen

well, leaving in first-place with a 32-stroke lead over the host team. The Crusaders placed four players in the top eight, led by Jon Cochrane, who shot a 157 to claim first place. Teammate and defending champion Kevin Hagen carded a 162 to finish second. Gabe Johnson finished fourth with a 166, and Garrett Christianson shot a 170 to claim eighth place.

"We are at the point where we thought we would be after the first half of the tournament. We've played well all year and we were very confident going into the tournament. We have been here before and know what it takes to win," Cochrane said.

On October 14 and 15, the men participated in the Ryerson Classic in Pella, Iowa. The fellas overall came in 3rd place with respectable play by Kevin Hagen and Pete Grimme who finished 9 and 10 with the score 166. The men are pumped and excited about the 2nd half of the season.



Cochrane blows the smoke off his trusty putter "Elmer."

Photo illustration by: C. Henri

awarded the fifth-place medal after scorecards were used to break the tie.

Juniors Pete Grimme and Garrett Christianson scored a 170 and 171, respectively.

Clarke won the 11-team tournament with a 654, 17 strokes ahead of second-place Scott Community



Nutrition & Sports Supplements

233 West 2nd Street
Dubuque, IA 52001
(319) 582-3301

E-mail: NaturalFit@mwci.net
Web: <http://www.natural-fit.com>

Hours:
Tuesday-Friday: 11 - 6
Saturday: 10 - 1

Diet

Nutrition

Sports Supplements

Fitness Apparel

Strength & Conditioning

Personal Training

Event Specific Training

Oct. 22, 1999

Just Another Day

The L

How

the

year

my

was

of

"I

this

se

still

be

By KIKO DEJESUS
Staff Writer

The Clarke women's tennis team demonstrated, once again, why they are the best team in the conference. The team captured their third straight NIIC title. Clarke finished on top, followed by Concordia, Aurora, Benedictine and Rockford, respectively. With this win, the Crusaders proved themselves as the team to beat for the next season.

Winning the title for the third time in a row feels great because the team worked together as a team," says junior Sandy Sirvid.

my g

match

ced

for the

Intramural

Trash talking, quarter touchdown walking intr

By JARON WARNER
Staff Writer

What's up sports fans! Welcome back to the "Intramural Update," your source of intramural action and information.

This week we have scores and updates from two flag football games. In the first game it was Kluesner facing off against VanGroll. The result was a 38-0 slaughter in which Ardell broke into the end zone on three different occasions. Back also added two touch-

I told y'all two weeks ago if you get me on the field to do, and what happened? Touchdown! I mean, they don't call me the king for nothing."

Told y'all two weeks ago if

Just Another Trophy on the Mantle

The Lady Crusaders: Truly Tennis Trend Setters

By KIKO DEJESUS
Staff Writer

The Clarke women's tennis team demonstrated, once again, why they are the best team in the conference. The team captured their third straight NIIC title. Clarke finished on top, followed by Concordia, Aurora, Benedictine and Rockford, respectively.

With this win, the Crusaders proved themselves as the team to beat for the next season.

"Winning the title for the third time in a row feels great because the team worked together as a team", says junior Sandy Sirvid.

"However, I was nervous before the match because my freshman year I won in singles and then my sophomore year I lost, so that was on the back of my mind."

"I consider my performance this season pretty good overall. I still believe that I can improve on



Melissa, Jen, and Julie smile for the victory cam. Photo by: C. Henri

my game more so I can win more matches and help my team succeed more," said fourth ranked for the Crusaders, Sandy Sirvid.



CLARKE
Rebecca Shale

Sirvid commented that this year's tournament was more difficult because the other teams had better players and they had to stay focused and play at their best to win.

Next year, the Crusaders are looking for a "4 peat." They are focusing on next season because

"It was my first time in a championship match and I was kind of nervous at the beginning, but once I started playing the nervousness went away."

they will have three seniors on the team: Kohnke, Bokerman, and Sirvid, who are currently three of the top four players for Clarke this year.



Sirvid listens as she seeks redemption. Photo by: C. Henri

"It feels great being part of a winning team," said freshman Rebecca Shale.

"It was my first time in a championship match and I was kind of nervous at the beginning, but once I started playing the nervousness went away," said Shale.

Shale said that at the beginning of the year she thought that she wasn't going to play because she was a freshman. However, it all turned out to be the opposite way with great results, which is a

great accomplishment for her.

The Crusaders walked away from this year's conference championship tournament with a strong stride and their heads soaring high. Coach, Rick Arrington, got into the action too by winning the NIIC Coach of the Year Award, which is truly a great honor. The results of the championship matches were:

SINGLES

- #1 Melissa Krawczuk (3rd place)
- #2 Julie Bokerman (1st place)
- #3 Jen Kohnke (1st place)
- #4 Sandy Sirvid (1st place)
- #5 Anne Weiss (3rd place)
- #6 Rebecca Shale (1st place)

DOUBLES

- #1 Bokerman & Krawczuk (1st place)
- #2 Kohnke & Sirvid (1st place)
- #3 Weiss & McCarthy (1st place)

Intramural Update

Trash talking, quarterback stalking, touchdown walking Intramural Football

By JARON WARNER
Staff Writer

What's up sports fans! Welcome back to the "Intramural Update," your source of intramural action and information.

This week we have scores and updates from two flag football games. In the first game it was Kluesner facing off against VanGroll. The result was a 38-0 slaughter in which Ardell (I just make touchdowns) Sanders broke into the end zone on three different occasions. Buck also added two touch-



Ardell "King" Sanders

downs to the cause.

"I told y'all two weeks ago if you get me on the field what I'm going to do, and what happened? Touchdown after touchdown! I mean, they don't call me the king for nothing."

downs to the cause.

"I told y'all two weeks ago if

you get me on the field what I'm going to do, and what happened? Touchdown after touchdown!" says Sanders. "If anyone plans on beating us, they're going to have to do some homework. I mean, they don't call me the king for anything."

In the second game it was the Rabid Bears stealing the show away from the Hot Boyz 16-6. Ben Heinz crept his way into the end zone for six, and the quarterback also sneaked his way in for a TD.

The Hot Boyz rode the Garret Christianson "Bus" in for a 30-yard TD run, but that was their only highlight of the game.

Due to Tri-College weekend, no games will be played this week, but teams will be back in action on October 31, so be sure to look out for your next "Intramural Update."

After three weeks, the standings are as follows:

Ehler 3-0
Rabid Bears 2-0
Kluesner 1-2
Hot Boyz 0-2
Van Groll 0-2

Blain's FARM & FLEET

Store Management Opportunities

Management Training Program

Structure prepares you for the responsibilities of store management
Program consists of 6-8 months of hands on training and experience
Exposure to merchandising, human resources, inventory control, and advertising
Receive continuous feedback until completion, before advancing into a store management position

Benefits and Rewards

Compensation schedules are reviewed to ensure competitive status
Benefits include: medical, dental, vision, life insurance
Rewards include: paid vacations, paid holidays, profit sharing, bonus program

Advancement Opportunities

Farm & Fleet promotes from within whenever possible, thereby providing opportunities for anyone demonstrating the necessary skills and qualifications for additional responsibility. A formalized structure for progression tracking is in place for those seeking rapid advancement through the ranks of store management.

If you are interested in opportunities and career advancement, and are willing to relocate within our tri-state area for that purpose, Blain's Farm & Fleet has a position for you.

A company representative will be conducting interviews Thursday, October 28.
Sign up at Career Services Now!

Blain's Farm and Fleet

Established in 1955, there are currently 31 store locations within Illinois, Wisconsin, and Iowa. Our five different divisions of product merchandise provides a diverse selection to our loyal customer base. This family owned and privately operated company has focused on family values since the beginning.

CLARKE CALENDAR

Friday, October 22

Tri-College Free Day
St. Louis Service Plunge

Saturday, October 23

MSS Road Trip
St. Louis Plunge

Sunday, October 24

Liturgy, 11 a.m.
St. Louis Service Plunge

Monday, October 25

Senior Pictures Make-Up
TimeSaver Sessions II begins

Tuesday, October 26

Enterprise Rent a Car
Management Trainee and Management Trainee
Intern Positions in Iowa, Illinois, Missouri, Nebraska.
Individual Interviews: Blain's Farm & Fleet,
Management Trainee positions
Senior Pictures Make-Up
Faculty & Staff Open Readings, Rare Book Room,
English Department Dept. 7-9 p.m.
Women's Volleyball, 7 p.m.
Liturgy, 12:30 p.m.

Wednesday, October 27

Men's Soccer, 3 p.m.
Graduate School Workshop, (WLDR),
free pizza, Career Services, 7-8 p.m.
Noon Liturgy
Women's Soccer
Individual Interviews, Norwest Financial,
Management Trainee-Credit Manager positions
in Midwest, Majors: Accounting, Finance,
Communications, Business.

Thursday, October 28

Liturgy, 12:30 p.m.
Night Prayer, 9 p.m.

Friday, October 29

Last Day to S/U, Withdraw
from semester classes
Noon Liturgy
Last day to Add/Cancel in TimeSaver
Hypnotist: Jim Wand, 9 p.m.

Saturday, October 30

Musical: Classical Guitar Performance,
Jaime Guisacfré, 7:30 p.m. Jansen Music Hall,
Halloween Dance
Noon: Women's Soccer
Women's Volleyball
Pumpkin Tournament
Men's Soccer, 2 p.m.

Sunday, October 31

Liturgy, 11 a.m.
Halloween

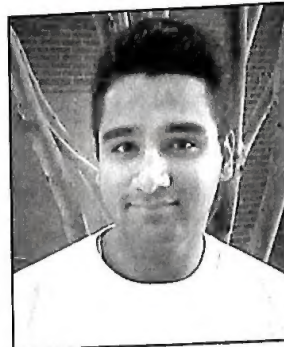
On the Street

"What are some differences, good or bad, that you have noticed between the United States and your country?"



Sharon Bourdon-Padron,
Ponce, Puerto Rico.

In Puerto Rico, relationships are warmer and people tend to be closer to one another than here in the United States. We tend to express our feelings for each other more in a physical way.



Asad Ali,
Pakistan

I feel that in Pakistan students respect their teachers more than they do in America. I also feel that the family system in America is very different from our system. Family bonds in Pakistan are very

strong. Lastly, I feel that there are a lot of opportunities in America that are not present in Pakistan.



Jose
Guichardo,
Dominican
Republic

I've noticed that Americans are more independent than us. They look forward to getting out of their houses and living without their parents. I also feel that we have a lot of rhythm and Americans don't.



Jackelyn Delgado-Navarro,
Guayama, Puerto Rico

In my country people are louder than they are here because we love "lavin la vida loca" We love our music, our salty and greasy food, and returning home when ever we can. I also think that we know our history better. We love where we come from and we have no shame about it.

By Amber
Loeffelholz

Courier Briefs

Gary Arms' recently published book, *Spelling Smart Junior* has been honored with the Parents' Guide Children's Media Award, one of the two awards that reference books designed for kids can win. Winners of the second honor, the Parent's Choice Award, will be announced in November.

Students in Clarke's Honors

Program have joined students from 80 other honors programs across the country for a national satellite seminar entitled, "The New Millennium: The Past as Prologue."

The eight-week program began on Oct. 5 and goes through Nov. 30. The Clarke group meets from 5:30 to 8 p.m. every other Tuesday for dinner, followed by a live satellite telecast by top-notch scholars from across the country. The last half-hour of each session is spent interacting with the presenters and other honors students via the Internet. The

remaining sessions include:

- "Diversity 2000: An Attitude for the Future," Tuesday, Nov. 2
- "Urbanism Run Amuck: Can the City Be Saved in the Next Millennium?," Tuesday, Nov. 16
- "Waking Up Tomorrow: Top Ten Major Trends Shaping the Twenty-First Century," Tuesday, Nov. 30

The seminar is sponsored by the National Collegiate Honors Council, in cooperation with Phi Theta Kappa. For more information, contact the Public Relations Office at 588-6318.



**\$2 off any used
CD \$5.98 or
more**

*Expires 12/15

319.583.7041 806 Wacker Dr. Dubuque

Open Student Reading

November 9

Poetry, short fiction,
short essay--share
your glorious words!!

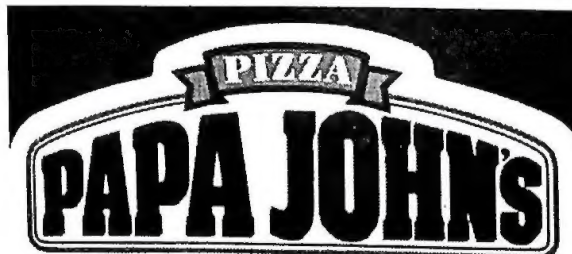
Readings should be no more than
ten minutes for each person.

Sign up today in
the Writing Lab

Space limited. Sign-ups taken on a
first-come basis.



Sponsored by
the English Department



Better Ingredients.
Better Pizza.

582-7272
JFK & Pennsylvania

Now accepting
Visa and
Mastercard

Student Special
2 Large
1 topping pizzas
\$12.99

Expires 5-1-00. Not valid with any
other offers. Customer pays all tax.
Additional toppings extra.

Student Special
1 Large
1 topping pizza
\$6.99

Expires 5-1-00. Not valid with any
other offers. Customer pays all tax.
Additional toppings extra.

Student Special
1 Large
2 topping pizza
& breadsticks
\$9.99

Expires 5-1-00. Not valid with any
other offers. Customer pays all tax.
Additional toppings extra.

CLARKE

What's UP on campus

Congratulations to the Honors Program!!

The Clarke Honors Program is one of just six honors programs in Iowa to be profiled in "Peterson's Guide to Honors Programs," Second Edition. As the official guide of the National Collegiate Honors Council (NCHC), the guide profiles college and university honors programs designed to challenge and inspire talented students.

Established in 1992 and restructured in 1996, the Clarke Honors Program is designed to enhance the educational experience of Clarke's superior students.

There are currently 60 students in Clarke's Honors Program. Incoming first-year Clarke students are admitted to the Honors Program by invitation only.

Selection is based on academic factors such as ACT/SAT scores, high school grade point average and class standing. Continuing Clarke students with a cumulative G.P.A. of 3.5 or higher may also apply for admission to the Honors Program.

Inclusion in the guide means we have a national affiliation with other honors programs. Kent Anderson, associate professor of philosophy and director of the Honors Program since 1996, "More than that, it shows our connection. We've had honors students and faculty present nationally. We've had national conference sessions at NCHC committees. It links us to honor programs throughout the country."

Photo by David N. Resider

Child

C

BY

O

Developed by the year three great nephew, Bella, 17 months, with the mental state on was the theory of Candace and filled with both the Next break